

Health-Related Quality of Life of Patients with Pulmonary Tuberculosis Registered in Central Chest Clinic, Kandy, Sri Lanka

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Pulmonary tuberculosis (PTB), a chronic infectious disease caused by *Mycobacterium tuberculosis*, significantly affects the health-related quality of life (HRQOL) of those affected. Beyond its physical impact, PTB also disrupts psychological well-being and social functioning, thereby reducing overall quality of life. Despite effective treatment, the disease remains a public health issue. Understanding its impact is key to improving patient outcomes. This study aimed to assess the HRQOL among pulmonary tuberculosis patients registered at the Central Chest Clinic, Kandy, Sri Lanka, and to assess the relationship between socioeconomic characteristics and HRQOL. This was a descriptive cross-sectional study conducted from November to December 2023. A total of 205 clinically diagnosed PTB patients, aged 18 years and above, were recruited using a non-probability convenience sampling method. Data were collected through an interviewer-administered questionnaire, which included demographic questions and the RAND 36-Item Health Survey for HRQOL assessment. Descriptive statistics and Spearman's correlation analysis were performed using SPSS to analyze the data. Participants exhibited generally low HRQOL scores compared to published reference values, with the lowest mean scores observed in general health (23.43 ± 14.47) and role limitations due to physical health (5.24 ± 19.01). Composite scores reflected an overall reduced quality of life, with a mean Physical Health Component Score of 26.38 ± 15.91 and a Mental Health Component Score of 30.25 ± 15.99 . Correlation analysis revealed significant negative correlations between age and HRQOL scores ($p = 0.000$, $\rho = -0.481$), while higher education levels ($p = 0.000$, $\rho = 0.286$) and better economic status ($p = 0.002$, $\rho = 0.213$) were positively correlated with improved HRQOL outcomes. This study highlights the multidimensional burden of PTB on HRQOL, with notable deficits in physical, mental, and social health domains. These findings emphasize the need for comprehensive care strategies that address the physical, psychological, and social challenges faced by PTB patients.

Keywords: Pulmonary tuberculosis, health-related quality of life, sociodemographic factors